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VARYING THE FLAVOR AND FOOD VALUE OF HOME-MADE BREAD

There is bread and bread, with variations in food value and flavor depending upon the ingredients. While there is a great variety of bakers' bread available on the market, many housewives still prefer to bake their own, some because the family likes a particular flavor, some to provide a loaf with increased food value, and some just for the joy of producing a good loaf of bread. These recipes have been developed to help the housewife in doing just these things.

Wheat is the only cereal which furnishes the gluten necessary for making yeast bread of light texture, therefore wheat flour is an essential ingredient in the various combinations. There has been much discussion of the comparative value of white and whole wheat flour in bread making. White flour makes a loaf of better texture; whole wheat flour produces a more flavorful loaf somewhat higher in food value, especially in minerals and vitamin content. Other cereal or legume flours may be substituted for a portion of the white flour, with a change in the texture, flavor, and food value. Various other materials, such as cheese, dried and fresh fruits, dried skim milk, or nuts including coconut and peanut butter may be added to increase the food value, improve the flavor, and give variety.

The flavor of bread may be changed by the use of a leavening agent other than yeast. For example, salt-rising bread is a favorite in many households. The gas for leavening is produced by an organism which is found in the corn-meal used in the starter. This bread keeps fresh a long time and makes delicious toast.

The liquid used in bread making may be water or milk, including reconstituted evaporated or dried milk, or a combination of milk and water. The use of milk, of course, gives a more nutritious bread.

One to two yeast cakes may be used in these recipes. The larger quantity speeds up the process.

WHITE WHEAT FLOUR

White flours for bread making may be obtained from hard or soft varieties of wheat. The flour milled from hard wheat generally furnishes more gluten of a somewhat better quality, but very good bread can be made with soft-wheat flours by a few changes in the process. (Farmers' Bulletin 1450, "Home baking.")

White flours are made from the endosperm or starchy part of the wheat, and are fine in texture, creamy white in color, and bland in flavor. They are economical sources of energy and furnish some protein which must be supplemented in the diet by proteins from milk, meat, or eggs.

White bread

2-3/4 cups liquid	2 tablespoons fat
1 to 2 cakes compressed yeast	2 1/2 pounds, 11 cups sifted soft-
3 tablespoons sugar	wheat flour or 2 1/4 pounds, 9
4 teaspoons salt	cups sifted hard-wheat flour

Scald the liquid. Remove $\frac{1}{2}$ cup and when lukewarm (100°F.) add to the yeast. To the remaining hot liquid add the sugar, salt, and fat. When lukewarm add the softened yeast and flour and mix until a dough is formed. Knead gently on a lightly floured board until smooth and elastic; place in a greased bowl, rub a little fat over the top of the dough, and cover. Allow to rise in a warm place (about 80-85°F.) until double in bulk. Knead very lightly and let rise until almost double in bulk. Punch down, cut, and mold the dough into loaves, place in greased pans, again rub fat lightly on the tops of the loaves, and cover. Let rise until nearly double in bulk. Bake pound loaves for 50 to 60 minutes in a moderately hot oven (385°F., for 15 minutes, then lower to 350°F.)

These quantities of ingredients using soft-wheat flour make 3-3/4 pounds of bread. These quantities of ingredients using hard-wheat flour make 3 1/4 pounds of bread.

WHOLE-WHEAT FLOUR

Whole-wheat flour contains in addition to the endosperm from which white flour is made, the bran coats and the germ portion of the wheat. Therefore in addition to the food constituents found in white flour, whole wheat is a good source of vitamin B and contains a fair supply of phosphorous, iron, and other minerals. The bran furnishes an indigestible portion which adds to the intestinal residue and aids in the elimination of waste from the digestive tract.

Whole-wheat bread

2 1/2 cups liquid	3 tablespoons fat
1 to 2 cakes compressed yeast	7 cups sifted hard whole-wheat
4 tablespoons brown sugar	flour or 7 1/2 cups sifted soft
3 teaspoons salt	whole-wheat flour

Proceed according to the directions for white bread. These quantities of ingredients make 3 pounds of bread.

OATMEAL AND RYE FLOUR

In nutritive value oatmeal and rye flour do not differ greatly from wheat flour, and in bread-making qualities rye flour approaches wheat flour more nearly than does any other grain product.

Oatmeal bread

3 $\frac{1}{2}$ cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	3 cups finely ground rolled oats
4 tablespoons sugar	9 cups sifted soft-wheat flour
4 teaspoons salt	

Mix the rolled oats with the white flour and proceed as for white bread. These quantities of ingredients make 4 pounds of bread.

Rye bread

2 cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	2 cups sifted rye flour
1 tablespoon sugar	4 $\frac{1}{2}$ cups sifted soft-wheat flour
2 teaspoons salt	

Sift the rye flour with the white flour and proceed as for white bread. These quantities of ingredients make 2 pounds of bread.

WHEAT GERM

The germ contains several important nutrients not found in the endosperm of the wheat kernel. It is rich in fat and is known to be a good source of vitamin A and an excellent one of vitamins B, G, and E. Besides its high food value the germ of the wheat has a delicious flavor which it imparts to bread. Due to the fat in the wheat germ, it becomes rancid unless stored in a refrigerator. This product may be purchased in bulk from some flour mills or may be obtained in packaged form at drug stores. The protein and mineral content of wheat-germ bread may be reinforced by the use of dried skim milk.

Wheat-germ bread with soft-wheat flour

3 cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	1 $\frac{1}{2}$ cups wheat germ
3 tablespoons sugar	10 cups sifted soft-wheat flour
4 tablespoons salt	

Mix the wheat germ thoroughly with the flour and proceed as for white bread. These quantities of ingredients make 4-1/3 pounds of bread.

Wheat-germ bread with hard-wheat flour

2 $\frac{1}{2}$ cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	2 cups wheat germ
2 tablespoons sugar	8 cups sifted hard-wheat flour
4 teaspoons salt	

Mix the wheat germ thoroughly with the flour, and proceed as for white bread. These quantities of ingredients make 3 pounds bread.

Wheat germ and skim-milk powder bread

3 $\frac{1}{2}$ cups milk	3 tablespoons fat
1 to 2 cakes compressed yeast	$\frac{1}{2}$ cup skim-milk powder
3 tablespoons sugar	9 cups sifted soft-wheat flour
4 teaspoons salt	4 cups wheat germ

Sift the skim-milk powder with the flour, add the wheat germ, mix thoroughly, and proceed as for white bread. These quantities of ingredients make 4-1/3 pounds of bread.

RICE POLISH

Rice polish is the part of the rice kernel which is removed in milling natural rice to make it white. It has high food value since it contains protein, fat, and minerals including iron. It is a good source of vitamin B. Rice polish may be obtained in bulk from rice mills during the milling season from late August to early May, or certain brands may be purchased in packaged form at drug stores. It becomes rancid just as wheat germ and should be kept in a cold place.

Rice-polish white bread

2-3/4 cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	2 $\frac{1}{2}$ cups rice polish
2 tablespoons sugar	7 cups sifted hard-wheat
3 teaspoons salt	flour

Mix the rice polish with flour and proceed as for white bread. These quantities of ingredients make 3 pounds bread.

SOYBEAN FLOUR

Soybean flour is higher in protein than are the flours of cereal grains and this protein is of good quality. Soybean flours contain a large amount of fat unless it has been extracted. They are also a good source of vitamin B, contain very little starch, are rich in calcium and iron, and give an alkaline reaction in the body.

Soybean white bread

2-3/4 cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	4 $\frac{1}{2}$ cups sifted soybean flour
4 tablespoons sugar	8 $\frac{1}{2}$ cups sifted soft-wheat
4 teaspoons salt	flour

Sift the soybean flour with the wheat flour and proceed as for wheat bread. These quantities of ingredients make 4-1/3 pounds of bread.

Soybean whole-wheat bread

2 $\frac{1}{2}$ cups milk	3 tablespoons fat
1 to 2 cakes compressed yeast	3 cups sifted soybean flour
4 tablespoons sugar	5 $\frac{1}{2}$ cups sifted whole-wheat flour
3 teaspoons salt	

Sift the soybean flour with the whole-wheat flour and proceed as for white bread. These quantities of ingredients make 3 pounds of bread.

LIMA-BEAN FLOUR

Lima-bean flour is higher in protein and minerals than are the flours of cereal grains. Like soybean flour it gives an alkaline reaction in the body. If the flour has a disagreeable beany flavor it may be largely removed by heating in a shallow uncovered pan in an oven for 15 minutes at 300°F.

Lima-bean white bread

3 cups milk	2 tablespoons fat
1 to 2 cakes compressed yeast	2 cups sifted lima-bean flour
2 tablespoons sugar	
4 teaspoons salt	8 $\frac{1}{2}$ cups sifted flour

Sift the lima-bean flour with the white flour and proceed as for white bread. These quantities of ingredients make 4 $\frac{1}{2}$ pounds of bread.

Lima-bean whole-wheat bread

2 $\frac{1}{2}$ cups milk	3 tablespoons fat
1 to 2 cakes compressed yeast	1 $\frac{1}{2}$ cups sifted lima-bean flour
4 tablespoons brown sugar	
4 teaspoons salt	5 $\frac{1}{2}$ cups sifted whole-wheat flour

Sift the lima-bean flour with the whole-wheat flour and proceed as for white bread. These quantities of ingredients make 3 pounds of bread.

FRUIT BREADS

To make fruit breads distinctive and different from ordinary white bread sufficient fruit should be added so that its flavor will predominate. Dried fruits add energy value to bread and make it a source of vitamins and mineral salts as well. Fruit bread has unusual keeping qualities as compared with white or whole-wheat bread. Any dried fruits, figs, prunes, raisins, dates, apricots, may be used. They should be soaked, then drained and chopped, and in order to develop flavor added to the bread dough at the first mixing.

Dried-fruit bread

2-3/4 cups liquid	2 tablespoons fat
1 to 2 cakes compressed yeast	1 1/2 cups soaked and drained
6 tablespoons sugar	dried fruit, chopped
4 teaspoons salt	12 cups sifted soft-wheat flour

If a combination of fruits and nuts is desired use 3/4 cup of each. Follow the same methods as in making white bread and add the fruit at the first mixing. The baking temperature is 380°F. reduced to 350°F. at the end of 15 minutes.

NUT AND CHEESE BREADS

Other flavorful foods added to the white bread recipe make good breads.

Nut bread. Add 2 cups chopped nuts to the first mix and increase the sugar to 6 tablespoons.

Coconut bread. Add 1 1/2 cups of shredded coconut to the first mix and increase the sugar to 6 tablespoons.

Peanut-butter bread. Add 1 1/2 cups peanut butter to the first mix and increase the sugar to 6 tablespoons.

Cheese bread. Add 2 cups grated cheese to the first mix.

SALT-RISING BREAD

Salt-rising bread is made without the addition of yeast, the fermentation being caused by bacteria usually present in cornmeal. Salt-rising bread is never as light as bread raised with yeast, and is more moist and crumbly. The temperature used for the sponge and dough is higher than that necessary for yeast bread. The bread is made as follows; Make a starter of the following ingredients

1 cup milk	1 teaspoon salt
7 tablespoons white or water-ground cornmeal	1 tablespoon sugar

Scald the milk and stir in the sugar, cornmeal, and salt. Place this in a clean covered jar and put in water as hot as the hand can bear. Allow to stand from 6 to 7 hours in a warm place (115°F.) or until it shows fermentation. The gas can be heard to escape when it has sufficiently fermented.

To this mixture add

2 cups lukewarm (100°F.) water	3 tablespoons melted fat
2 tablespoons sugar	2 cups soft-wheat flour

Beat this sponge thoroughly, put the jar into the water bath (115°F.) and let rise until the sponge is very light and full of bubbles. To this sponge add

8 1/2 cups sifted soft-wheat flour, which will give a stiff dough.

Knead for 10 or 15 minutes, cut, and mold into loaves, place in greased pans, and allow to rise until 2 1/2 times the original bulk. Bake about 35 minutes in a moderately hot oven (385°F. for 10 minutes then lower to 350°F.) These quantities of ingredients make 3 1/2 pounds of bread.

